

# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

NOVEMBER 1991

BOURBONNAIS, IL 60914

ISSUE 45

### CHILI COOK-OFF

#### XXX ADULTS ONLY XXX

The Second Annual KRRC Chili Cook-Off will be held Friday, November 15th, 1991, from 6:30 - 10:30 P.M. at St. Paul's Episcopal Church (the church with the red doors), 298 S. Harrison, Kankakee (directly east of the Kankakee County jail). Enter on the south side (Station St. side). Please bring a dish to pass if not bringing chili. Awards to the top three chili cooker-offers. \$1 per person to cover the cost of beverages and table service. That is a bargain! Be there!

### ON THE RUN

By Dan Gould

"The best kept secret since the atom bomb," said Doc Baldwin. We were enjoying the luncheon buffet at Chicago Dough for workers after the Governor's 10,000 and the conversation had turned to the St. Anne Pumpkin Festival 5K a week earlier. This was not the first year for the festival and race, but, as in prior years, no attempt was made to inform the running community. Aware that we had not been contacted in past years, I had scanned a festival events schedule in the Daily Journal earlier in the week to see if the race was still included. It was, but that was a month

too late to get it in the newsletter.

I wasn't there, but cub reporter Pat Koerner gave me the good and bad news. Good: Nice shirts, prizes, and refreshments. Bad: No traffic control, no mile markers, and a long course (about 3.34M). The small field provided a good chance to bring home the gold, and, of the eleven club members I know participated, nine did so. While the long course makes the times meaningless, it should be noted that Kim Johnson finished first in her age group in her first race. Congratulations, Kim!

JULIE ANDERSON FINISHES LAST! Yes, friends, the speed merchant of the Sunday morning training runs at the park has fallen on hard times. On September 29th, at the World Duathlon in Vancouver, B.C., Julie was the last woman to finish. Our "Ironwoman" did go the distance - a half marathon, 112 mile bike ride, and then another half marathon. I have no excuses to make for her. We are proud she went all the way! Sympathy would certainly be appreciated and may be sent in care of the newsletter. Read her story elsewhere in this edition.

Congratulations also go to Jo Boudreau, Race Director

for the Governor's 10,000. Had Mother Nature been a little kinder, the thirteenth annual running would have been even more successful. With temperatures in the 40s, grey skies and a chill wind, I'm sure some of the fair weather runners simply rolled over and pulled up the covers. At least it didn't rain! There were 248 runners across the line and 90 of those ran the newly added 5K. Pat Koerner holds the course record for the 5K: 16:37! The longest 5K of the day was run by a boy who ran all the way through the campground before stopping at the Altorf transition point to ask me the way to the finish line.

With the two races there were plenty of awards to go around. There were also a number of door prizes, one of the most unique being a Ken Stark drawing of a dozen club members on the run. Each person depicted would have paid an arm and a leg, but the luck of the draw went to an out-of-towner (who, by the way, was absolutely thrilled!). Ken was there to assist with registration, still suffering from a herniated disk that has kept him off the road. (Editor's Note: We have a couple members who have been shut down with back problems. The local medical community appears to be of

the "you are over 40 and should retire to play checkers mentality. If any of you have had contact with a "can do" doctor or clinic, I would like to hear from you - 937-5500).

Speaking of injuries, club member Lance Bovard was not able to return and defend his title and our friend Cindy Woods was tapering for the Fox Cities Marathon. Phil Newberry, on the other hand, was able to return to racing after a couple months off with what he believed to shin splints.

In order to make amends with two very offended ladies ("ladies" is used very loosely here), I wish to make special note of the following results from the Governor's 10,000: KATHY PENN - 51:41, JANET VELEMIR - 51:2. They were offended because last month in Finish Line I only reported that they finished the National Heritage Corridor 25K and did not include their times. I didn't include their times because I didn't have their times because they didn't stick around for the post-race ceremonies (or they hadn't finished by then). I assumed Kathy had to go teach an aerobics class and Janet had run home to weight herself and see if she had lost enough weight to get into her wedding dress.

In any event, the seriousness of my omission was brought home to me as I stood in the pavillion before the Governor; when a hand firmly grasped my left cheek (the bruising has pretty much healed) in a not-too-friendly way and an angry voice asked "what is this and they

finish #\*!&#?" She also used -in a not too friendly way - the F word. Although I humbly apologized, Ms. Penn and Ms. Velemir were not satisfied. During the race, I was positioned at the transition point to Altorf Road to direct runners and take pictures. As the "ladies" approached, I got a great picture of them flipping me the bird. As they crossed the grass, Ms. Velemir shot me a full moon. Caught me off guard, I didn't get a picture, but The Daily Journal's reporter, who was standing beside me, got an eye full. Poor kid is a junior college student, hardly past puberty, and probably hasn't seen one of those things before. I had to explain to him the ladies' greetings and that Janet is running races to get her weight down for her wedding dress. All he could say was he hoped that she had several more races before the wedding (HE SAID IT!). We may have to consider a by-law to screen future members from north of the county line. You get kind of a rough crowd up there. In any event, I still don't know what their finishing times were in the 25K, but I trust they will take this as a most humble apology and recognition of the class, dignity, and breeding which they displayed in bringing my attention to this oversight.

The really "best kept secret since the atom bomb" was Doc Baldwin's quadruple bypass the week following the Governor's. Doc had known since 1988 when he took a stress test that there was an obstruction, but didn't

go through the angiogram to determine the location and extent. When a stress test earlier this year showed a deterioration, he consulted Dr. Noel Nequin (an ultramarathoner) at Swedish Covenant Hospital. An angiogram showed a 100% blockage in one artery, 95% in another, and the beginning of a blockage in two others - life threatening condition. Doc says the greatest injury was to his ego - a runner discovers that he is not immune to the illnesses of mere mortals. He is unhappy with himself for failing to reduce the fat content in his diet and risking his life by not taking the angiogram in 1988. Doc is home, walking every day, and passing on the wisdom of the ages - 71 years young! We're glad you still with us, Doc!

My name is Dan. I am an Oreo Double Stufaholic. I've been on the wagon for a couple months, but I know I am only a cookie away at any time. It probably started 3-4 years ago, but I'm not quite sure how. For the most part, it has been an evening snack. I started keeping the bag in the reading table next to my chair. I'm not sure how many times I reached into the bag in the course of an evening's reading and TV watching. Maybe 5, 10, 15. Only about 3 bites to the cookie. When it all started there was no warning label or nutritional information on the package. When I went on the wagon, I dropped four pounds in a hurry. Now they put the nutritional information on the package: 51% FAT, 70 CALORIES PER COOKIE!

That means a 10 cookie evening was a 700 calorie snack! If anyone out there is interested in forming an Oreo Double Stufaholic Support Group, please contact me.

Jim Smith and Lynn Troost approached me at the Governor's with the answer to last month's trivia question: Jack Dalton, Mike Berz, Dave Dyer, and Lynn Troost were the first club officers when the Kankakee River Running Club was founded in April 1979. Jim and Lynn get this month's Red Sweatband Award - congratulations! The first club shirt bore the caricature of an animal. What was it? If you care, mail your answer to 212 Julie Drive, Kankakee 60901.

The First Annual Fox Cities Marathon (Neenah to Appleton via five other cities) was very much a class act. We - Bill Linn, Jim Grace, Gale Lehnus, and I - were a little reluctant to be among the guinea pigs for a new marathon, but it was attractively packaged and heavily publicized. The starting time, 10:54 A.M., gave us pause. If it was unseasonably warm, that could be a killer. Their explanation was that it would avoid conflicts with church services and make it easier to get volunteers. We were also looking for a flat marathon and we were assured that it was, but as Julie notes in her story, flat is relative. It was flat, in part, and part of it was rolling hills. Milwaukee Marathon is a faster course (it was also run on October 13th!).

Race day was sunny,

breezy, and the temperature ranged from 52-58 degrees. The theme of the race was "7 cities, 7 bridges to cross" and 1,382 crossed the finish line - quite a show for a first time marathon. The community support was outstanding. We were entertained by musical and costumed entertainment. There was competition between the communities to turn out the most runners and volunteers. Bill, Jim and I had a personal support crew consisting of Linda, Brett, and Jessica Linn who negotiated the strange roads to be there for us at the halfway, 20 mile mark, and finish - and without a scratch on the Dan van. Jane Spaulding, Gale's support crew, did an equally admirable job. Jim and I ran most of the race together. That was a first for me and added much to the race. Jim ran a PR! This was Gale's first marathon, but I fear he may have caught the marathon madness. As I write this, he is scheduled to run the Chicago Marathon and then Columbus.

Doug Kurtis, 39, won the race in 2:17:18 - his 61st sub-2:20 marathon. A week later he went home to Detroit and won that marathon for the 5th year in a row, but I don't have his time. Our friend Cindy Woods ran 2:52:48 and finished fifth woman overall - worth \$1,000! Another positive for Fox Cities was the host hotel, the Valley Inn, located five blocks from the start in Neenah. They showed us every courtesy including mailing a copy of the local

newspaper. While the local media treats runners like Rodney Dangerfield, the Appleton-Neenah paper gave award-winning coverage to this event. Complete results (time and place for all 1,382), numerous stories, and great photography (Dwight Nale, formerly a photographer with The Daily Journal, heads up their photo department).

Back on the local scene, the Prairie State 10 Mile and 5K and KCC 5K were successful outings for the running community and also bring the local racing season to an end. Circuit results will appear in the next issue if not this one. If your thoughts are turning to a winter vacation in Florida or elsewhere in the southeast, I have a couple publications with race information which I will be happy to share with you.

Our next local race will be the Winterfest 5K Run and Walk on February 2nd. Bill Linn will again be Race Director with Linda Linn and myself as Assistant R.D.s. In starting to gear up for the race, I talked with Jaymie Simmon and was happy to learn that reports of a career ending injury to her running were premature. Jaymie is running up to 20 miles a week and notes stretching and nautilus as essential to her running health. She says we might even see her racing again. How about Winterfest?

John Shoup makes regular use of the Forest Preserve Trail running along the river from Shapiro to River Road and finds it is truly a wildlife refuge. On Monday night he encountered a car parked on

the trail and a couple engaged in, ah, shall we say stretching exercises. No, he didn't stop and watch...for too long. The next night he and Rich Olmstead were running the trail and encountered two bowhunters. The third night he and I ran the trail and encountered the deer the bowhunters were looking for. Of course, neither the car nor the bowhunters should have been there.

Several of our number triumphed over rain, wind, and fog to participate in the Chicago Marathon and Rogaine 5K. Jim Grace, Gale Lehnus, Theresa Burgard, and Jeff Lonergan ran the marathon and were supported and cheered on by Rich Muniz, Ken Stark, Don Combs, and Pat Baldwin. Both Theresa and Jeff found the wind a factor as they ran north on Lake Shore Drive. The rain was of the mist variety and more nuisance than problem. Jo Boudreau, Linda Krause, and Dianne Strufe spent the weekend in the city, attended the expo and met some fellow runners. They participated in the 5K and spent two minutes just getting to the starting line. There were no PRs for our girls this day even though Liz McCoglan ran a world record 14:57 (TAC has yet to certify - and may not under existing guidelines - last year's record). Running a 5K with 4,000 others has it's limitation unless you start in the front row.

Time to put this issue to bed. Running news really thins out about this time. If you have an interesting story to share, do so. If you wish to

reflect upon the highlights - or a lowlight, do so. Put it in writing and send it to: Dan Gould, 212 Julie Drive, Kankakee, IL 60901.

Don't miss the Chili Cook-Off!

## THE FIRST ANNUAL WORLD ENDURANCE DUATHLON

By Julie Anderson

It all began one hot summer day on a bike ride with Dan Castillo (runner turned biathlete.) I said "Dan, what they need to have is an Ironman race minus the swim. And better yet split the run like our Birdman. Run 13.1, Bike 112, Run 13.1. Someone need to start one." I decided that would be the perfect race for me.

Well, to my utter astonishment Dan called me a week later and says "You know that race you made up is in Vancouver B.C. September 29."

So I called the race director, Brent Kamenka and asked him how long his race had been in existence. "This is the First Annual World Endurance Duathlon" he says. I asked him if I still had time to sign up - to which he replies "Yeah, but it's filling up fast. Limited to 325 athletes and you have to qualify by completing an Ironman in under 14 hours or a marathon in under 3:40." Brent also assured me that the race course out there was "pancake flat." (As I said before - a perfect race for me.)

So I flew out to Seattle and drove to Vancouver. Called

Brent. "How many are signed up?" He says 50. Actual count on race morning was 29 - 27 men and 2 women. No doubt about it - this was definitely my kind of race. There were 13 from B.C., 1 from England and the rest from a sprinkling of the U.S. The guys from Indiana, Florida and myself were the only athletes who had a clear understanding of what "pancake flat" means. Brent did not. Rolling wasn't even an accurate description - maybe closer to mountainous.

The first half-marathon was easy. I finished about 10th in 1:26:02 with Dave Putton from N.Y. We had the exact same pace. Hopped on my bike, which resembled a food truck. I had 3 bottles of water/juice, about 10 granola bars taped all over the frame, vitamins taped to the Scott bars and even a clean t-shirt strapped on next to the spare tire. Brent was looking for a 3-pronged plug and some wise guy says "check Julie's bike." (Probably the same guy that bonked after the bike ride due to low blood sugar.)

Well the ride was very hilly - I guess there was maybe 20 miles of flat and that's being generous. Dave and I were still side by side until about mile 65. (He's the only guy I have ever ridden with that takes turns as slow as I do.) After Dave dropped back the ride got very lonely - 47 more miles of wind and hills. At mile 87 I look up to see this mountainous climb ahead - praying that I'd see a blue arrow on the ground telling me to turn before I got to its base. No such luck. I debated

whether walking up might be faster, but decided to "be tough" and keep pumping. The ride down was scary. I decided not to blow my nose as I descended. My goal was 6 hours for the ride and my computer read 6:00:31 at mile 112. I actually had 114 miles recorded as I cruised into the transition area. Dismounting after that ride was interesting - felt like rigor mortis set in. I changed into shorts - the weather was getting warmer. So far I was 7 hours and 45 minutes into the race.

Brent made one big mistake on the second run. The only nourishment available was water. Well, at mile 7, I was seriously thinking I would hit the wall. I began to hallucinate of sugar in any form when a little girl runs out of her house and offers me a coke. I inhaled the pop as I thanked her "You Angel!" After about 5 minutes the fuel kicked in and I was able to feel strong again. I crossed the finish line in 9:28:59 - good for 16th overall. My best Ironman finish was 11:50:40 and minus a 1:15 swim would give me a 10:35 - so I was ecstatic. Brent seemed enthusiastic about holding the 2nd annual in Kankakee, but I don't think we can a Canadian who says B.C. is pancake flat.

If you're wondering about the "other woman," she passed me at mile 56 on the bike as I was changing my shirt - that's OK. She finished 2nd to last woman and I was 2nd woman overall.

## THE PRAIRIE STATE TEN MILER AND 5K BLUES

(To the tune of Papa Was A Rolling Stone)

By Nancy Ruda

*It was the tenth of October, a day we'll always remember, 'cuz that was the day we ran the Prairie State Ten. (Some of us ran the 5K).*

*Pat Koerner was the driving force. Wherever he laid his feet was his home. And when he was done, all he left them was his dust.*

*The 5K rolled on and on. Passing the ten milers were John Shoup and Rich Olmstead. And looking good was Monica and her dad.*

*The ten milers charged up and down the hills. Julie was up front, what a thrill. And following her, Henry Shelly and Ron Pivowar.*

*Our club was the rolling stone. Wherever we laid our feet, we left a mark. And as it chugged on, we made our moves for the gold.*

*The road still held some Kankakee clubbers. Bringing it home and doing us proud. Nancy Ruda and Kathy Steffen were finishing up.*

*Donna Hurst had it under control, cheering them all to come through the chute. And when it was done, we said "Same time next year!"*

## SUNDAY AT THE STATE PARK

The weekend racing schedule gets kind of slim for the next few months. If you would like some companionship for your Sunday training run and a chance to socialize, please

meet your fellow runners by 9:00 A.M. each Sunday in the parking lot across from the main restroom at the Kankakee River State Park. Remember to bring yourself (and, if you're feeling generous, your fellow runners) some post-run refreshments to sustain your strength while solving the world's problems or telling the newest blond joke. Bring a friend!

## GOVERNOR'S SWEATSHIRTS

Anyone who has ordered and paid for their Governor's sweatshirt can pick it up from Jo Boudreau at the Chili Cook-Off.

## NEW MEMBER

Damian Scheidecker - Bourbonnais

## THE STARTING LINE

SUN, NOV 3, MARINE CORPS MARATHON

SUN, NOV 3, 9AM, OAK PARK/AUSTIN BLVD 10K RUN, Madison St. & Humphrey Ave, Oak Park, \$12/15 after 11/2, Ts, 5yr AG 3 deep, 708-386-5000.

SUN, NOV 3, 10:30AM, CANAL CONNECTION 10K, Utica Grade School, \$10/12, long Ts, 5yr AG, 815-434-7681.

SAT, NOV 9, 9AM, GOBBLER HOBBLER 10K & 1M FUN RUN, Oswegoland Park District Civic Center, Montgomery, \$9/11, Ts, 5yr AG 3 deep, not TAC cert., Ginny 708-896-2016.

SUN, NOV 10, 9AM, COLUMBUS MARATHON - and Janet Velemir's wedding

day! BEST WISHES!

SAT, NOV 16, 9AM, JINGLE BELL 5K RUN & WALK, Jumers Chateau, Veterans Pkwy., Bloomington, IL, \$10/12 after 11/13, long Ts & shoelaces, weird age groups, team & costume competition, post race party at Jumers. This is a fund raiser for The Arthritis Foundation. There are awards for individual and team fundraisers. 309-829-0752.

SUN, NOV 17, 9AM, GATORADE STEEPLECHASE 4K & 8K RUNS; 5K WALK, Montrose Harbor, Ts & water bottle, 5yr AG, cross country w/jumps and water hazards. PCI Events 312-880-0433.

THU, NOV 28, 9AM, OGLESBY MILLER LITE TURKEY TROT 3M, Holy Family School, 300 Alice Ave., \$/10 after 11/3 \$12 after 11/21, Ts, 5yr AG, not TAC cert., Gary 814-883-8622.

THU, NOV 28, 9AM, PRAIRIE STATE PILCHER PARK PREDICTOR 5M & 1M FUN RUN, Pilcher Park Nature Center, Joliet, frozen turkeys to at least top 20 predictors, Eileen 815-744-4091.

SAT, NOV 30, 9AM, MC MAGES RUDOLPH RAMBLE 5K RUN & WALK, Madison & Michigan, \$12/15, Ts, 5yr Ag, TAC cert., PCI Events 312-880-0433.

SUN, DEC 1, 9AM, OTTAWA 10M CLASSIC RUN, K.C. Hall, Washington & Rt. 23, \$11/15 after 11/18, long Ts, 5yr AGm 3-5 deep, Larry 815-795-5752.

SUN, DEC 1, 4TH ANNUAL FIRST TENNESSEE MEMPHIS MARATHON

## THE FINISH LINE

### SEP 29 - ST. ANNE PUMPKIN FEST 5K RUN - 20 Runners, 20 Walkers

Pat Koerner	10A
Bill Johnson	1AG
Rich Olmstead	1AG
John Brinkman	2AG
Jeff Lonergan	
Henry Shelly	1AG
Mike Morel	
Dee Osenglewski	1AG
Kim Johnson (1st Race)	1AG
Linda Krause	1AG
Tammie Collings	1AG

### SEP 29 - WORLD ENDURANCE DUATHLON - Vancouver, B.C., Half-marathon, 112 mile bike, half-marathon, 29 started

Julie Anderson 9:28:59 2nd Woman OA

### OCT 6 - GOVERNOR'S 10,000 - 158 Finishers, windy, 40s, overcast

7 John E Brinkman	36:44	2AG
8 Dan Castillo	36:45	1AG
15 Rich W Olmstead	38:09	4AG
18 James P Grace	38:36	
24 Matthew T Gubbins	39:57	3AG
29 Phil Newberry	40:55	
31 Jeff P Lonergan	41:10	
35 Albert C Widhalm	41:24	4AG
39 Charlie Grotevant	41:38	
48 Theresa Burgard	42:06	1AG
54 Scott R Kelson	42:33	
58 Thomas J Uribe	43:24	
59 Dan H Morse	43:34	
60 Dick Kendall	43:46	
66 Dan Keenan	44:41	
67 Carol Pratt-Bauer	44:44	2AG
71 Ron E Piwowar	45:04	
75 Kathleen H Steffen	45:24	1AG
80 Nancy J Ruda	46:24	3AG
92 Dee M Osenglewski	47:49	
104 Monica M Uribe	49:37	1AG
105 Donald E Combs	49:40	
124 Kathryn Penn	51:41	3AG
125 Janet Velemir	51:42	
129 Leon J Malone	53:14	2AG
131 Georganne L Hickey	53:39	

132 Graig Hickey	53:40	
137 Kerri Keenan	55:28	
145 Shirley A Malone	59:14	1AG
146 John S Flynn	59:14	
147 Dale King	59:15	
156 Jan McClarey	04:26	
157 Linda M Krause	05:10	
158 Dianne K Strufe	08:46	2AG

### OCT 6 - GOVERNOR'S 5K - 90 Finishers

1 Patrick D Koerner	16:37	1OA
4 Marlon S Heuer	17:54	1AG
6 John L Shoup	18:22	1AG
13 Jack W Littrell Jr	20:35	2AG
20 Randy L Devore	22:14	4AG
25 Dan Phillips	23:19	2AG
31 Tammie Collings	23:57	1AG
41 Patrick J Baldwin	25:17	4AG
42 Glen Grant	25:24	
45 Lynn Troost	25:46	1AG
50 Therese McDermott	26:37	

### OCT 13 - PRAIRIE STATE 10 MILE & 5K, New Lenox

#### 10 Mile

Rich Olmstead	62:30	2AG
Julie Anderson	63:28	1OA
John Shoup	65:14	3AG
Nancy Ruda	75:32	3AG
Kathy Steffen	81:01	2AG

#### 5K

Pat Koerner	16:55	1OA
Theresa Burgard	20:45	2OA

### OCT 13 - BROOKFIELD ZOO RUN 5K - 1500 Runners

Mike Morel	21:40	PR
Dee Osenglewski	21:45	3AG/PR

### OCT 13 - 1ST ANNUAL FOX CITIES MARATHON - Appleton, WI, 1382 finishers, windy, sunny, 50s

143 Bill Linn	3:07:37	
191 Jim Grace	3:13:05	PR
199 Dan Gould	3:13:54	
Gale Lehnus	3:59:27	1st Marathon

### OCT 13 - TUXEDO BROTHERS DUATHLON - Indianapolis 5K-30K-5K

Dan Castillo	1:38:14	2AG
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**OCT 20 - KCC FALL  
CLASSIC 5K**

2	Patrick D Koerner	16:45	2OA
4	Dan Castillo	17:33	4OA
5	John E Brinkman	17:44	5OA
7	Marlon S Heuer	17:59	1AG
10	John L Shoup	18:30	1AG
11	James P Grace	18:42	3AG
12	Tom Parlin	18:45	1AG
21	Phil Newberry	19:37	1AG
22	Charlie Grotevant	19:39	
23	Thomas J Uribe	19:40	
24	Graig Hickey	19:41	2AG
25	Jeff P Lonergan	19:48	
27	Albert C Widhalm	19:58	2AG
33	Theresa Burgard	20:33	3OA
34	Carol Pratt-Bauer	20:37	4OA
36	Henry J Shelly	20:50	
37	Scott Stephens	20:55	
39	Jack W Littrell Jr	20:58	
45	Dan Keenan	21:40	
46	Ron E Piwowar	22:01	
47	Randy L Devore	22:03	
50	Nancy J Ruda	22:11	1AG
53	Michael Morel	22:17	

55	Dee M Osenglewski	22:26	2AG
57	Donald E Combs	22:41	
62	Dan Phillips	23:07	1AG
64	Monica M Uribe	23:13	2AG
72	Gale F Lehnus	24:16	3AG
74	Leon J Malone	24:31	2AG
75	Patrick J Baldwin	24:39	
82	Mike Rebello	25:38	
84	Therese McDermott	26:05	3AG
86	Gerry Kilbride	26:25	
87	Georganne L Hickey	26:28	3AG
89	Dale King	26:43	
92	Linda Linn	27:33	
98	Shirley A Malone	28:14	2AG
102	Judy Kilbride	29:52	1AG
110	Matthew Steffen	41:18	

**OCT 27 - CHICAGO  
MARATHON & 5K**

Jim Grace	3:13:13
Theresa Burgard	3:41:11
Jeff Lonergan	3:51:00
Gale Lehnus	4:28:27

5K - Times approximate,  
two minutes to get across  
starting line, crowded, windy,  
Linda stopped to sell a

building, etc.

Jo Boudreau	25:xx
Linda Krause	30:xx
Dianne Strufe	32:xx

**BIRTHDAYS**

Andy Baldwin	11/06/88	3
Don Combs	11/01/52	39
Dick Kendall	11/10/46	45
Jan McClarey	11/13/58	33
Kurt Ogg	11/14/42	49
Lyn Petroni	11/26/53	38

**KRRC OFFICERS**

President: Nancy Ruda 939-1749

Vice-President: Dave Hinderliter 432-3008

Secretary-Treasurer: Jo Boudreau

Social Director: Pat Koerner

Newsletter Editors: Dan Gould/Bill Linn

**SEE YOU NEXT MONTH**